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Missouri With Wilson

A FEW days ago the New York World made the bold prediction that neither Senator Hitchcock nor Senator Reed would be re-elected to the United States Senate, remarking that, though demagoguery may have its temporary rewards, it also has its permanent punishments. If the weekly and daily press of Missouri reflect in any measure the sentiment of the people, one of the World's predictions will surely come true. Not one of those to come under our observation has had a kind word for the junior Senator of that State, while some of them have not hesitated to denounce him as an arrant demagogue. Missouri seems to be with Wilson.

Dr. W. J. Young

THE new Methodist University at Atlanta, which Richmond might have got, but did not, will be the gainer and Richmond and Virginia will be the loser by the election of Dr. W. J. Young, of Centenary Church, as professor of theology.

Dr. Young is that rare combination of a visionary and practical man, of philosopher and worker, of scholar and leader. He is a man of peace who knows how to fight; a lovable man with strength of character and will; a pulpit orator who depends upon what he says more than upon the manner of his saying, who appeals to intellect as well as to heart and sentiment. As a preacher, he speaks without fear and without compromise, but never with hardness; as a minister and adviser he made himself loved, while commanding respect; as a citizen he never failed in his duties. He is distinctly the kind of man the State of Virginia cannot afford to lose. That his influence will be felt throughout the whole South is the only recompense.

Impudence

FOR a newspaper like the Washington Post, which has ever set the interests of the nation above its honor, and the interest of the few above that of the whole nation, to lecture the Wilson administration and urge it to adopt a policy of "nobler Americanism" would strike more of us as the finest example of unwitting sarcasm extant, were it not the most monumental piece of impudence ever known. "The country will rejoice," says the Post, "when it places in power a nobler and higher Americanism." Where will it find it? In the speech of a man who boasted that he "took" the canal? In a party which invented "dollar diplomacy"? In a man who forever shrieks for the repudiation of sworn pledges, and whose stock in trade is hatred of all foreign nations? Or will it find it in the author of the Fourth of July oration at Philadelphia, who has made "the nobler Americanism" the foundation of his foreign policy, while others weave it into a cloak for hypocrisy?

The Unwritten Law

HOW very seriously the administration of justice is on trial at the bar of public opinion is proven by the widespread belief that the Haverstraw town clerk who shot down his son-in-law will never pay the penalty for the killing. Already we hear that the "unwritten law" is to be invoked to lend color to a result that will be brought about because the slayer is prominent in politics and not at all because he wreaked vengeance for the "stories" that reflected on his daughter's honor—stories that only a very narrow circle could have known anything about, had it not been for the well-directed shots from the paternal pistol.

It may be that the outcome of the trial will be quite different from the cynical forecast. The future will tell. But there is matter for serious concern to all patriotic Americans in the fact that such views of the workings of our judicial system can be held, and the most ominous aspect of the case is that it is, to say the least, not easy to refute those who allege that the slayer will not be dealt with as would be a friendless foreigner in like circumstances.

With Thaw enjoying himself in what amounts to full liberty, all things are possible, if not all over this country, at least in New York, of which Haverstraw is one of the jewels.

French Criminal Trials

IT is easier to sneer at the French method of conducting criminal trials than it is to prove that the American and English way is superior.

The French proceed on the theory that the jury should know everything that could have even a remote bearing on the matter at issue. Therefore, they do not at the outset try to select as jurors men who are not sufficiently interested in the day's happenings to read the record of them in the daily press. The French system takes it for granted that everybody is interested in what bulks large in the day's news; thus it is possible to get a jury together in a very short time.

When the trial is in progress there is no such preposterous fiction possible as instructing the jury to disregard evidence that they have heard. The French are logical people, and do not expect that opinion can be uncolored after the pigment has been introduced, whereas, we pretend to believe that such a process is possible.

We also pretend to believe that the ac-

cused is innocent until he is proved guilty. The fact is that with us, as with Frenchmen and everybody else, guilt is assumed whenever a grand jury finds an indictment. In the United States the jurors are supposed to and are frequently instructed to disregard the fact that the accused has not testified in his own behalf. And yet, nobody in the jury box or out of it interprets a prisoner's silence as anything but an inability to withstand cross-examination.

In the Caliaux trial at Paris, as at all other French criminal hearings, the accused is encouraged, not to say compelled, to speak freely. Witnesses who contradict each other are brought face to face, and they fight it out in the hearing of jurors. In short, the French system aims to get at the facts, and that is only possible by having everybody tell everything he knows in his own way. The French jury is supposed to have ordinary human intelligence, and to be able to sift the truth from the false, whereas with us the jury is theoretically possessed of a sort of mechanical weighing machine that can be fed only by the rules of evidence.

In the end, the result achieved amounts to about the same in both countries. There are miscarriages of justice with us just as there are in France. Method appears to have little importance, as compared with the will to be just.

A Black Horror

WAR involving all Europe threatens this morning. The mine is laid, the torch is lighted, and the whole world waits in horror for the seemingly inevitable explosion, for there is hardly a hope that the torch will not be applied to the fuse when Austria flings her forces against Belgrade. Russia is mobilizing her troops; Germany is seething, and Great Britain and France can scarcely think to keep free of the strife when these two nations plunge into action. Germany and Austria-Hungary in arms against Russia, Serbia, Great Britain and France, and Europe drenched in blood! That is the possibility—nay, the probability—at this writing.

To talk of confining the war to Austria-Hungary and Serbia is to talk nonsense. As well hope to light a stick of dynamite in a powder house and hope to confine the explosion to the single stick. Serbia is backed by Russia. That none outside an insane asylum can doubt. Germany and Russia are at the breaking point now, and when Cossacks ride across the border to the aid of the Serbs the signal will be given for Germany to strike. Then comes into action the triple alliance. There is a bare possibility that Great Britain and France could keep free of the conflagration, but the jealousies and rivalry of Great Britain and Germany, the friendly understanding between France and Russia, and the vast interest of both nations in the inevitable changes in the map of Eastern Europe does not lend to it the color of probability. The danger of a pan-European war is there, surely, and the danger is imminent. It may be upon the world at almost any moment.

It means more to Europe than to the rest of the world, of course, but it means a great deal to all of us, notwithstanding. The comparatively insignificant war in the Balkans and the impetus its possibilities lent to militarism made for depression throughout Europe and through Europe in this country. In the case of a European war, that result will be magnified four-fold. Money spent for war preparations cannot be spent for food and for development. The United States cannot sell when there are none to buy, and it cannot buy when the sources of production are dried up by the flames of war. The financial interests of the nations of the world are too closely interrelated for one to suffer without imposing suffering upon the other. A general European war means stagnation in North and South America as well as in Europe. Moreover, it means a vast increase in the immigration to this country, and those who come will not all be of the best. "The best will be claimed by Mars."

Surely, sanity is not about to abdicate in Europe. Surely, there will be found chancelleries which can find a way to stave off the impending calamity. The highest patriotism, the most far-seeing statesmanship and the greatest sacrifices are required if this black horror is not to be upon us, but surely these can be found in some of the nations; surely there are men who can yet bring the Continent through to peace. "The moment is close and almost unavoidable, but it can be avoided by bringing Austria and Serbia to terms. If it cannot, if so great a crime must be committed, then is our boasted civilization, the work of centuries, a fraud and a hypocrisy."

Preventing Divorce

THE Court of Domestic Relations of Chicago has added to its features a bureau for the prevention of divorce. Couples who think themselves on the brink of separation, their differences irreconcilable, are invited to come to the judge and his assistants for friendly aid and counsel.

The underlying idea is that most divorces rise in far-off, insignificant causes, the discovery and removal of which will cure the provoking influence for divorce. The purpose of the bureau is a good one, and there is no doubt it will save a few divorces, just as the antiseptic bureau of the Salvation Army prevents a few suicides. But it will fall in the larger view, for the same reason that the Salvation Army's well-meant effort fails—the people most in need of its services will not come to it.

A slight percentage of divorces are frivolous in their origin. The principals can be reconciled by skillful diplomacy, and shown how to start all over again with a better chance for success and happiness. But in the majority of instances, the crisis has been so long delayed that what was in the start a petty grievance and incompatibility, has assumed mountainous proportions.

The true remedy for divorce is Christian education and stricter regulation of marriage, to the end that people may know more of each other before they embark upon the most intimate of life's contracts. A prevention bureau will not harm, and may help. But for widespread and permanent results we must look to more fundamental methods.

"Steam plows find increasing popularity in France," says new item. Suggesting a way to utilize some of the steam blown off at the Caliaux trial.

Grand opera is to be sung in Esperanto in Chicago. What's the difference? The words will be understood just as well as ever.

Notwithstanding the fact that sugar made them, those Louisiana Bull Moosers are no sweeter than the others.

Fashion note says men's coats will hug the figure next year. Men's coat sleeves hug the figure this year.

WAYSIDE CHATS WITH OLD VIRGINIA EDITORS

The West Point News issues a call for a leader in the movement to improve some main highway between Richmond and West Point. "Will not some one with initiative and ability take hold of this project and bring together all the different parties who might be interested?" It asks, and then suggests the Richmond Automobile Club, the Richmond Chamber of Commerce and through them the business men generally.

"The inevitable renewal of the agitation for admission of women to the privileges of the University of Virginia has begun," says the Rosslyn Commonwealth. "This question will be settled permanently when it is settled right? That is true of all questions, but what is right?"

The Newport News Times-Herald does not agree with those who think the President showed himself a poor loser in his letter to Mr. Jones. "The President does not attempt to conceal his sense of disgust," it says, "but he has taken his defeat philosophically and puts the incident behind him."

The Northampton Times says it did not wish to include or exclude any particular paper when it accused the Richmond newspapers of being "prone in and out of season to peck on our elementary schools." Doesn't the Times think it should particularize? When it says the Richmond newspapers, it means all the Richmond newspapers, and the Times-Dispatch submits that the charge as applied to it is unjust. "To make ourselves plain, however," says the Times, "it may be not entirely amiss to add that we think we have not been prone at times on the part of Richmond contemporaries to criticize our public or common school system, and not always constructively." Again there is no discrimination between the Richmond papers, and we are sure that the Times does not refer to the Times-Dispatch. It cannot so refer, for the Times-Dispatch has never been prone to criticize the public school system, whether the common schools or the higher institutions. The City Superintendent of Schools doesn't think so. The State Superintendent doesn't think so, nor do any other school officials with whom we are acquainted think so. As to the danger of politics in the public school system, it undoubtedly exists; and when we say the public school system, we mean the public school system and not any one part of it. The Times-Dispatch is not an entangler between the lower schools and the State normals and colleges. "Not so much is yours a sin of commission as of omission, Big Ruddle," concludes the Times. Possibly so, but we do not think it. We are not "prone" to criticize any part of the system, but we are as quick to see error in one as in the other and to see virtue in one as in the other. Late, however, we have had very little criticism to make of either, and what we did make was as abjectly and as unconstructively as our advocacy of compulsory education for Richmond, to our attempts to foster interest in the coming educational conference, and to argument in favor of a millage school tax system. We have dealt at this length with the matter because we are greatly interested in the public school system of Virginia and wish to see it the finest in the United States. With the help of the press of Virginia, we believe we can be sure, and in no great length of time, we are done and we can count on the help of the Times.

Says the Eastern Shore Herald of the appointment of R. L. Allworth, of Eastville, to the position of tax collector for that district: "Mr. Allworth has been an indefatigable worker for the Democratic party, and took an active part in the Norfolk convention of 1912 and the Baltimore convention following as an ardent Wilson supporter against what is known as the machine district. This honor therefore falls on well-deserved shoulders, and the Herald extends its fellow townsman hearty congratulations."

The Roanoke World-News wonders what will happen should that L. W. W. female person really go on a hunger strike. Why not wonder what would happen if a duck should refuse to swim?

THE PUBLIC PULSE

Editorial Expressions From Leading Newspapers

No Glut of Wheat.
Land available for cultivation is a fixed quantity, although land that is arable and is not now under tillage will serve to expand the area of tillage land as the population grows and forces a greater acreage under the plow. But the growth of the acreage of farms will not keep pace with the growth of the population of the country, and the resultant growth of the demand for both bread, which must be made from grain, and meat, which must be made directly from grain. There is no prospect of a glutted wheat market as a result of a large American crop. The present crop is a "bumper" crop, but wheat will not be a drug on the market because of its proportions.—Louisville Courier-Journal.

Carranza's Real Test.

The reasons favoring peace and amnesty which President Wilson is urging upon the Mexican Constitutionalists are now reinforced by the threat of Orozco and Cardenas to inaugurate a new revolution. These chiefs and their followers have been singled out by Carranza and Villa for vengeance. More than once it has been proclaimed that in their cases quarter would be denied.

If this spirit is to prevail, the new regime will be confronted by more than one revolution. Men with arms in their hands, who are under condemnation of death sell their lives dearly. With suspicion and terror prevalent in many districts, it will not be difficult for outlawed leaders to rally many people to their standards.

Carranza in the capital without foreign recognition or credit, and menaced at important points by rebellion and brigandage, will be little better off than a fugitive. Like many another commander in what appeared to be a true cause, his real test is to come with his triumph. He will be judged not so much by the manner in which he gained it as by the uses that he makes of it.—New York World.

A Large and Beautiful Olive Branch.

Mr. Roosevelt is playing "smart" politics in New York, but isn't his name just a little too obviously smart? His willingness to offer up the Progressive party on the altar of non-partisan government in New York is calculated to arouse suspicion in the minds of the cynical. "Not exactly." One does not use "win" and "losing" in the profits of commerce now, although the use may be found in other English. "Gain or lose" is the form you want.

VOICE OF THE PEOPLE

Richmond's Growth.

To the Editor of The Times-Dispatch:
Sir,—Yesterday, for the first time in many years, I landed in Richmond, and was astonished at the improvement in the western part of the city and the business activity in the central part. Seeing these things brought to my mind the story of "Aladdin and His Wonderful Lamp," and I now understand why the new reserve bank sought its abiding place with you. Most of your readers will know the great and overwhelming part Virginia has had in the territorial and political development of the United States, and from the appearance of your city yesterday, in comparison with that of twelve years ago, must have made up her mind to take a hand in the industrial and commercial development also. God speed and God bless you is the wish of
DANIEL SMITH GORDON,
Formerly of Fairfax County, Va.
Washington, July 25, 1914.

John Daniel's Monument.

To the Editor of The Times-Dispatch:
Sir,—In The Times-Dispatch of July 15, 1914, I saw a letter, therein published, from Lynchburg, Va., giving the inscription on the base of the "pedestal" for the monument to be erected to the memory of the late Major John Warwick Daniel. I am delighted the monument is to be built, and, as one of the few survivors of the members of Virginia House of Delegates, 1869-70-71, of which he was a member, please permit me to write that the inscription falls to show the splendid work he has ably and conspicuously performed in the restoration of 1869-70-71 in restoring old Virginia from "Reconstruction days" back to her place in the Union—a task that required ability, conservatism, good judgment and patriotism in making every move to wipe out, at that time, every vestige of carabatism and secessionism which our people had been afflicted with for so long. No member of that House surpassed Major Daniel in making the record of that House, which was the first under the Underwood Constitution, after the voters in Virginia had expurgated at the polls the outgrowth of the two sections, which disfranchised every honest man in Virginia. Again Major Daniel as State Senator in the seventies, figured most conspicuously and made a fine reputation as a statesman, and his records in both positions tended largely to take him up to more exalted stations—member of Congress and United States Senator. If the inscription could show, Senator and member of Congress, along with his twenty-four years as United States Senator, the inscription would be "a volume in a word; a millennium in a moment; an ocean in a drop; a whirlwind in a sigh." Generations unborn will stand around the monument and under the life, character and deeds of one of Virginia's best sons who lived from 1851 to 1910.

I hope I may be pardoned for this letter, but my respect, admiration and love for my old comrade and fellow member of the House of Delegates prompt me to write this.
The monument is a splendid tribute to worth and greatness.
J. N. STUBBS.
Wood's Cross Roads, Va., July 24, 1914.

WHAT WAS NEWS FIFTY YEARS AGO

From the Richmond Dispatch July 27, 1864.

According to the latest reports, there were only three shells fired into Petersburg yesterday. The, with some picket firing, constituted the total of the day's doings on the front at the Cockade City.

It seems now to be a well-ascertained fact that General Grant is busy mulling on General Lee's left, and has been so engaged for some time. Grant is a great believer in the shade and the sun and the pick, but he is doomed to disappointment if he expects success in this underground effort to reduce Petersburg and destroy Lee's army.

Information of an authoritative character reaches us that General Grant is strengthening the Railroad. This has been his first post all along, he having been twice flanked in that direction with very heavy losses.

Two soldiers of Grant's army were tried by court-martial last week under the serious charge of having committed a criminal assault upon Mrs. Mary E. Sullivan, of Prince George county. They were found guilty and sentenced to be shot. They were duly executed according to the order of the court-martial. The criminals were named R. S. Gordon and Daniel Geary, and were from some place in New York. They confessed their guilt.

The latest news from the Valley comes with an official report from General Lee, which says General Early reports that he attacked Major-General Crooke on the 24th on the old battlefield of Kernstown, near Winchester. In the Valley, completely routing him. Early pursued Crooke five miles beyond Winchester, when he was compelled to halt because of the exhaustion of men and animals, having marched that day twenty-five miles and fought two battles. General Lee, among the Federal officers captured were General Milhiser and Brigadier-General Lilly. An official report says the strength of the enemy operating now in the Valley is 15,000, besides the cavalry under General Averill.

Kernstown, where General Early defeated General Crooke, is in Frederick County, four miles from Winchester. This is the second severe battle to take place there.

The latest dispatch from Atlanta says: The enemy made a desperate attempt to break our lines last night, but were repulsed by General Crooke's desperate fighting that lasted fully two hours.

General Hood has issued another address to the army he now commands. The address is spirited and to the point, yet some will perceive in it a slight reflection upon the policy of General Johnston, the late commander of the Army of Tennessee.

The two city markets were very liberally supplied yesterday with fresh meats, vegetables and other seasonable eatables. The supply was so liberal as to cause prices to take a downward tendency. Vegetables were much lower, and butter was down to 9 to 10 per pound.

A Northern paper it is learned that General Hunter, on his return from his disastrous raid towards Lynchburg and on reaching Parkersburg, put James E. Wharton, the editor of the Parkersburg Gazette, in jail for commenting severely on the mighty Hunter's failure at Lynchburg and on his notable incompetency as a general.

QUERIES AND ANSWERS

Verses Wanted.

Will you publish the poem, "Saint Peter at the Gate?"
MRS. G. C. B.
We are glad to forward copy to you if our reader will be good enough to send it.

Win or Lose.

Is it exactly right to say, "I will sell this article for \$10, win or lose?"
"Not exactly." One does not use "win" and "losing" in the profits of commerce now, although the use may be found in other English. "Gain or lose" is the form you want.

Lexington Hotel.

Please tell me the year of the change of name of the American Hotel to the Lexington Hotel.

The hotel people give 1894 as the year of the change. This statement is borne out by the fact that the City Directory for 1894-5 lists the American, and the directory for 1894-5 lists the Lexington.

Old Virginia.

Please tell me what is the proper spelling of the name "Cur's Neck." Who was the first of the Mayo family in Virginia?

T. L. HUNT.

Curle. A number of grants to this family may be found recorded in the registry books. Joseph Mayo, who came from Barbadoes about 1727 and settled at Powhatan, just below Richmond.

NEXT STATION EUROPE?

ONE OF THE DAY'S BEST CARTOONS.



From the Philadelphia Record.

Dr. Brady's Health Talks

THE PREVENTION OF INSANITY.

One-sixth of all moneys appropriated by the New York State Legislature is needed for the insane persons cared for in the fourteen State hospitals. There are 33,000 insane patients in these hospitals.

There are 2,637 mental defectives in the reformatories of New York State. It has been estimated by competent experts that there are far more than 150,000 uncared for mental defectives at large in New York State.

In the 1910 census of the United States it is stated that there are 17,454 insane persons in public institutions. These insane persons cost an average per capita sum of \$175 for maintenance. There is expended the enormous sum of \$32,000,000 per year for the care of the insane.

How much is spent to prevent insanity?

Practically nothing.

The Known Causes of Insanity.

War is the greatest factor of insanity. The Civil War wiped out 7,000,000 of the best American stock—healthy, strong, courageous, clean, manly men—young men who were the pick of the country. Northerners and Southerners. This loss was plainly shown in heredity; in 1870 the number of insane persons in the country had increased by nearly one-fourth, and the number of idiotic persons had increased by one-third of the previous proportion in the whole number of people.

Alcoholism is the second greatest factor in insanity, epilepsy, feeble-mindedness and degeneracy in the race. It costs us millions of dollars to support the defectives produced by alcohol, yet we license and protect the sale of this most potent poison.

Alcohol is the third great factor of mental and physical degeneracy in the offspring. Yet we permit prostitution to exist under semi-official and clandestine regulation. At least four out of every five prostitutes are actually feeble-minded defectives. The chief function is the spreading of disease. Victims of these diseases have physically or mentally defective offspring, if and to the social evil is perpetuated. The social evil works out in a short time, but for the indispensable help of alcohol. Alcohol is the key to the situation. We have the power of voting for or against race degeneracy.

We know and can demonstrate that half of all insanity is due to alcoholism and syphilis, either in the individual himself, or his ancestors.

Questions and Answers.

Mrs. L. G. writes: I am the mother of four children, the youngest being twelve. I am passing through the change of life. I have a great deal of irregularity and pain. Friends tell me this is natural, and that I must make life almost unendurable. Is there anything I can do?

Reply: Friends are apt to be enemies in cases like yours. The change of life is physiological. It never makes a woman ill. Something else works out the abnormalities which the "old women" attribute to this epoch. By no means is your suffering natural. Go to your doctor at once, and be examined. Next week may be too late.

Chronic Invalid asks: If a consumptive reaches the point where it is "kill or cure" would there be any harm in trying the whiskey treatment? I mean to keep him pretty well saturated all the time.

Reply: To kill it might work very well. But with such a treatment there wouldn't be the slightest chance of a cure.

Miss F. H. writes: Will you please mention a book on diet for stomach trouble suitable for nonprofessional readers?

Reply: No. These books are hard enough for professional readers to understand. The subject is utterly confusing to the lay reader.

Dr. Brady will answer all questions pertaining to health, if your question is of general interest it will be answered through these columns; if not it will be answered personally if stamped, addressed envelope is inclosed. Dr. Brady will not prescribe for individual cases or make diagnoses. Address all letters to Dr. William Brady, care of The Times-Dispatch.

A Woman's Advantage.

It's easy for a woman to clean up. She can rub a little powder on her nose and cheeks, but a man has to take off his collar and necktie and wash.—Detroit Free Press.

Proof Positive.

A London suffragette kicked a policeman in the stomach which proved conclusively that that particular suffragette was not wearing the prevailing style of skirt.—Manchester Union.

Might Explain It.

Maybe the trouble is that some of the Senators want to take the money of the Reserve Board, "with the advice and consent of the President."—Washington Herald.

Gluten Bread

BY JANE EDDINGTON.

There are, perhaps, scores of recipes for gluten bread, but in general it is, perhaps, safe to follow the advice of one of the latest books on diet for the sick, and follow to the letter the directions accompanying the brand of gluten flour purchased. This advice is good because glutes differ in strength. The baker of today who knows his flour, knows how to test all the flours he buys in order to discover the gluten content of his bread flour, for in making bread the quality of the gluten counts greatly.

Herein we have used to know chemistry really to understand bread-making problems. The baker who does blends what may be an inferior flour with a high-priced one in order to secure the desired results.

The majority of home cooks, though, know nothing about the gluten in all flour, although some of them are called upon to make gluten bread from the special preparation. The book in question, which is a translation from the German and expensive, as well as one of the latest things of the sort, gives the following recipe for gluten bread:

"Gluten Bread."—Mix one pound of gluten flour with three-fourths of a pint or one pint of water 55 degrees Fahrenheit. (With some of the prepared flours of an hour. Either, as soon as the dough is mixed, put into tins, and place them immediately in the oven, which should be at a temperature of about 420 degrees Fahrenheit. Or the dough may be made into small dinner rolls and baked on flat tins. The loaves take about one and a half hours to bake, and the rolls three-fourths of an hour. Either are easily made. The addition of a little salt improves the bread."

Gluten bread, like gluten biscuit, is sometimes made with eggs. The prescription of the doctor helps to decide whether salt shall be added and whether eggs. If the sufferer who needs the bread has a complication of disease, one of them may make it necessary that all his food be without salt. Eggs are forbidden in few cases, and, as they add a good deal of food value, it is desirable to put them in the bread, when put into any other food or served plain.

The recipe for biscuits from the same book, the authors of the names hard to remember, is as follows:

"Jeffries Gluten Biscuit."—One cupful of gluten flour and one cupful of best bran previously scalded must be mixed thoroughly with one teaspoon baking powder, salt to taste, two eggs, one cup milk or water.

Probably it would be hard to find a brand of gluten flour which fits the recipe, and the value of other recipes is then only that they may suggest some slight change or addition that would make the bread made by those of the packager's recipe more palatable. The following recipe, probably always made with one special brand of flour, but it is given to the world, it should be mentioned of that brand as good for any. It is a recipe used for making gluten bread eaten by hundreds of invalids:

"Gluten Bread."—One pint of water, one-third cream, three and three-quarters cups of gluten flour, one yeast cake, one teaspoon salt. Put the yeast to soak in one-fourth cup additional water. When sufficiently swollen, add the one pint of warm water. If convenient to use one-third cream, scald the cream and add to the remaining two-thirds pint of warm water. Make a sponge by adding one cup of the gluten flour, one cup of water, and the salt, and mix thoroughly. When light and full of bubbles, add the remainder of the flour. Knead thoroughly, let rise until light, then shape into a loaf. Place in a buttered bread tin. Bake in a hot oven three-quarters of an hour to an hour."